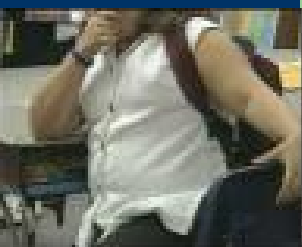


Healthy Students Learn More: School Wellness Policies



Heidi Martin, RD, LD
Child Nutrition Specialist
State Department of Education



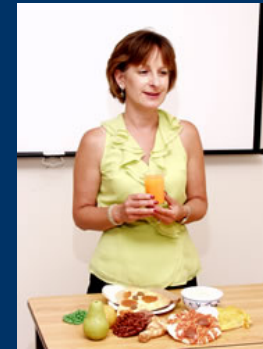
The Basics

- Section 204 of Public Law 108-265
- Developed at District level
- DUE: 2006 School Year



WHY?

- More American Kids are overweight than ever before,
- Diabetes is becoming a pediatric problem,
- Fit, healthy children are happy, successful children,
- Healthy Kids = healthy schools = healthy communities.



The State of Our State

Overweight Students in Idaho:

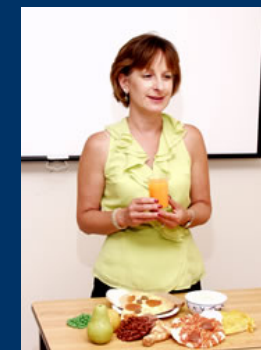
- 7% are overweight (>95th percentile for BMI)
- 11% are at risk for becoming overweight (>85th percentile)

Students Unhealthy Dietary Behaviors in Idaho:

- 81% ate fewer than 5 servings of fruits/vegetables per day

Students Physical Inactivity in Idaho:

- 34% had not participated in sufficient vigorous physical activity during the past 7 days
- 71% had not participated in sufficient moderate physical activity during the past 7 days
- 54% were not enrolled in a physical activity class
- 71% did not attend physical education class daily



Vending Machines in Schools

National Stats:

- 43% of elementary schools
- 74% of middle/junior high schools
- 98% of senior high schools

Have vending machines, school stores, or snack bars.

Most common items sold: soft drinks, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.

Source: Wechsler H, et al. "Food Service and Foods and Beverages Available at School: Results from the School Health Policies and Programs Study 2000." *Journal of School Health* 2001, vol. 71, pp.313-324.

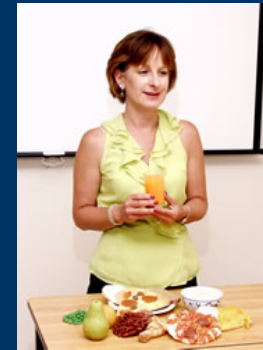


WHY?

Small Steps Can Add Up to A Big Result

- For each additional can of soda or juice drink a child consumes per day, the child's chance of becoming overweight increases by 60%

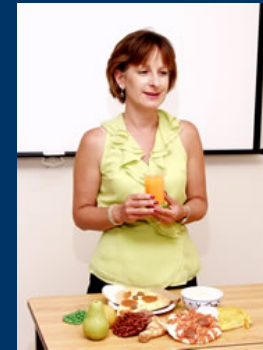
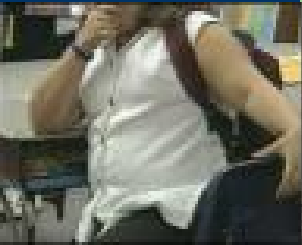
Source: Ludwig DS, et al. "relation between Consumption of Sugar-Sweetened Drinks and Childhood Obesity: A Prospective, Observational Analysis." Lancet 2001, vol. 357, pp.505-508.



WHAT?

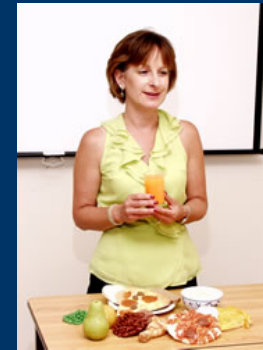
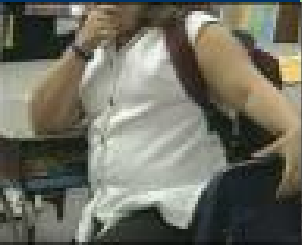
Minimum Requirements:

1. **Goals** for nutrition education, physical activity, and other school based activities



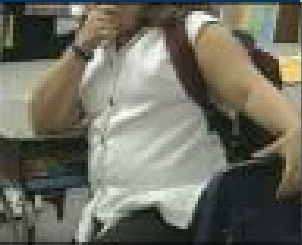
Nutrition Education

- Classroom education K-12
- Provide healthy messages throughout campus
- Promote healthful eating/physical activity at school events
- Eliminate advertising that promotes foods of minimal nutritional value



Physical Education

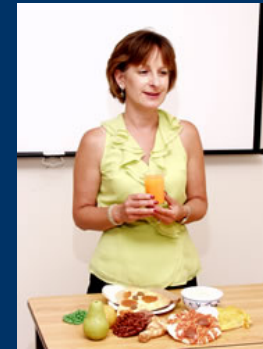
- 1997 most physical education requirements were dropped in Idaho
- Currently:
 - Elementary and Junior High Schools are required to have physical education, but the amount is not defined
 - Majority of Idaho schools have 20-40 min/week
 - Rarely find schools with over 90 min/week



State Department of Education's Physical Education Recommendations

Grade	Recommended <u>Minimum</u> Amount of Time
Elementary (K-6)	90 min/wk
Junior High (7-8)	2 semesters
High School (9-12)	2 semesters

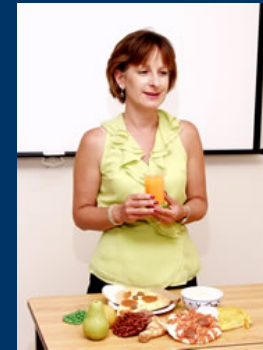
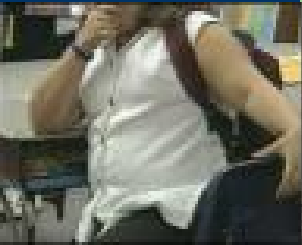
Gold Standard: 130 min/wk



Physical Activity

Provide physical activity throughout the day:

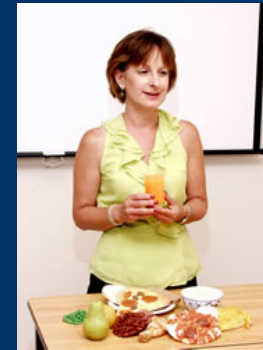
- Incorporate 5-10 min activity sessions in classroom
- Establish/Enhance non-competitive physical activity opportunities to students
- Provide equipment at recess for students to be active
- Encourage active transport to schools



WHAT?

Minimum Requirements:

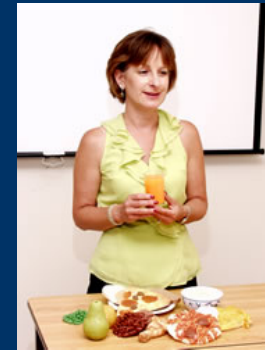
2. **Nutrition guidelines** for ALL foods available during school day with the objective of promoting student health and reducing childhood obesity



WHAT?

Minimum
Requirements:

3. Assurance that **guidelines for reimbursable school meals are not less restrictive than USDA regulations**



USDA Nutrition Standards for School Meals

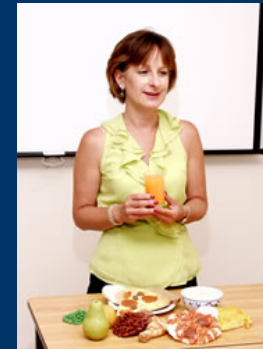
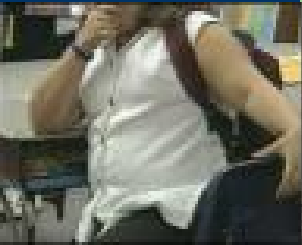
- School meals must meet nutrition standards set by Congress and USDA in order for a school foodservice program to receive federal reimbursement.
- Foods sold outside the meal programs (“competitive foods”) are not required by the USDA to meet nutrition standards.



USDA Nutrition Standards for School Meals

- Lunch Must Contain:
 - 30% or less of calories from fat
 - Less than 10% of calories from sat. fat
 - Provide 1/3 of the Recommended Daily Allowance (RDA) for protein, calcium, iron, Vitamins A and C

School meals reviewed by a dietitian at least every 5 years

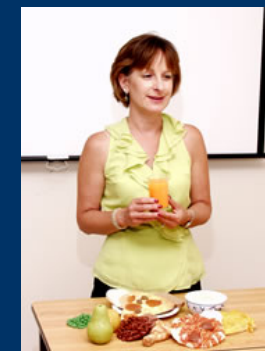


Support for Improving School Foods is Strong

- 90% of teachers and parents support the conversion of school vending machine contents to healthy beverages and foods.
- 83% of all adults think that “public schools should do more to limit children’s access to unhealthy foods like snack foods, sugary soft drinks, and fast foods.”

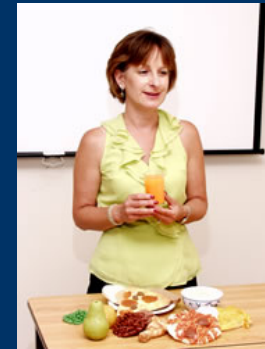
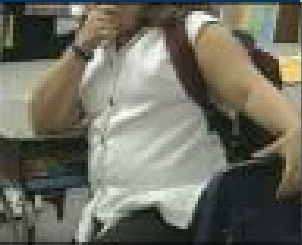
Source: The Robert Wood Johnson Foundation (RWJF). Healthy School for Healthy Kids. Princeton, NJ: RWJF, 2003.

Wall Street Journal Online/Harris Interactive Health-Care Poll: “American Say Parents, Schools Play Role in Children’s Obesity.” February 14, 2005. Accessed on February 16, 2005 at <http://online.wsj.com/article_print/o,,SB110805710472751448,00.htm>.



School Meals

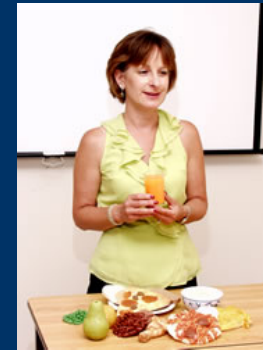
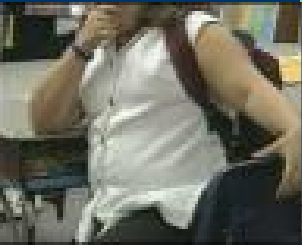
- Cafeteria Environment: social environment, competition with meals, adult role models
- Time Allotted for Meals:
 - At least 15-20 min for breakfast
 - At least 18-25 min for lunch
- Recess Before Lunch or Lunch Before Recess?



WHAT?

Minimum Requirements:

4. Ways of **measuring** how well the policy is being **implemented**
 - Including designation of one or more persons at each school with responsibility for ensuring that the school is following the policy



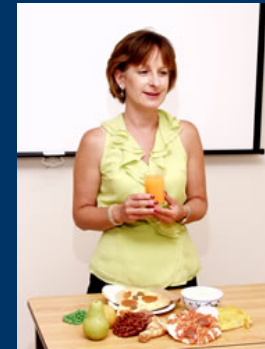
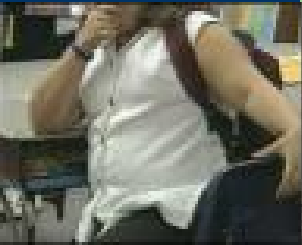
WHO?

Minimum Required involvement:

- Parents
- Students
- School Food Service
- School Board Members
- School Administrators
- Members of the Public

Additional School Members
That Could Be Involved
(not required):

- Teachers
- School Nurses
- School Counselors
- PE Teachers/ Athletic Directors
- Health Teachers



WHO?

Additional Possible Involvement/Stakeholders:

- Health Care Providers
- Hospitals and Public Health Departments
- Non-profit Health Organizations
- Physical Activity Groups
- Community Youth Organizations
- University Departments or Other Government Agencies



WHEN?

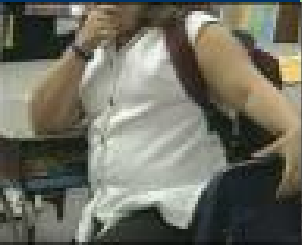
Really
Really
Soon!

Right
Away!

Now!

Immediately!

Yesterday!



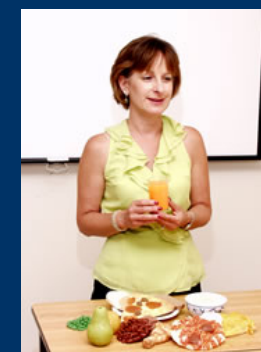
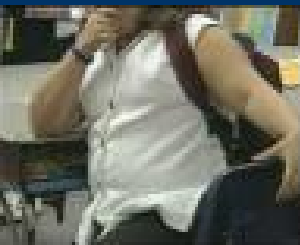
HOW?

1. Form a team
2. Gather input and assess current situation and current needs
3. Prioritize concerns
4. Develop goals and guidelines to address district's situation
5. Draft Wellness Policy (use other policies as a template)
6. Obtain Public Comment
7. Have policies approved by officials
8. Market the policy
9. Evaluate and maintain effort



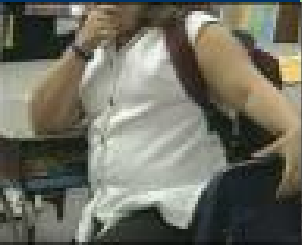
Helpful Hints

- Nutrition Education resources available free from our lending library
- School's foodservice department may have a lot of good ideas
- Don't have to completely eliminate vending machines
- Don't recreate the wheel, use ideas from other policies and adjust them to fit your district



Helpful Hints

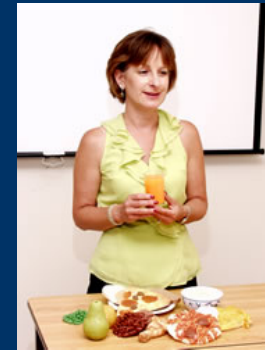
- Look at your fundraising
- Look at reward program (discourage food as reward)
- Consider staff health
- Team Nutrition Grants
- Fruit and Vegetable Program
- Share ideas with nearby districts
- Call me for clarification



Development Process

Is the policy process facilitating implementation by:

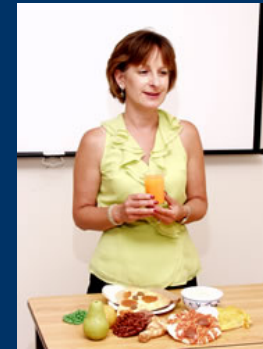
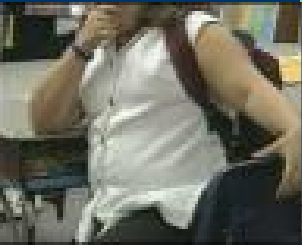
- Enlisting top-down and grassroots involvement and support?
- Encouraging meaningful participation
- Addressing key issues that will make a difference
- Anticipating and preparing for likely challenges?
- Identify helpful resources
- Is success of the policy “champion independent?”



Policy Review

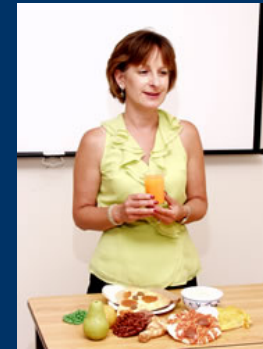
Is the policy:

- Easily understood and applied to the target audience
- Clear, unambiguous, without loopholes
- Consistent with the policy format of the local district
- Capitalizing on opportunities?
- Ambitious yet realistic?
- Sustainable



Changes In Idaho

- Wood River H.S.: offers refrigerated vending w/ healthy foods
- CDA: Healthy punch cards, altering their Pepsi contract, put nutrient guidelines on all foods served
- Gooding: walking club, wrestlers table, after school nutrition classes, Healthier US Challenge
- Several Idaho schools have:
 - Added F/V Bars
 - Replaced pop and candy with 100% juice, milk, water, baked products, nuts, etc
 - Reinstating physical activity requirements



For Further Information

Idaho Child Nutrition's Website:

<http://www.sde.state.id.us/child/wellness/index.html>

Or

Contact:

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208-332-6827

